



Gingerbread cheesecake bites

A little bit Christmas-y, but great anytime. Serves 12. Per serve: Cal: 174; Fat: 15.7g; Pro: 6.3g; Carbs: 1.9g

Serves: 12, Prep time: 00:10, Cook time: 00:30

Instructions

In a small bowl, add the spices and mix together to form a spice blend.

Pre heat oven 160 degrees C. Line or grease a loaf tin, or use silicone. In a bowl, place the almond flour, coconut flour and 1 tbsp of the spice mix and stir to combine.

Add the melted butter to the dry ingredient mix and stir to fully combine. Transfer mixture to loaf tin and press into an even layer. Place in the oven for 10 minutes. remove and set side.

In a bowl, place the ricotta cheese and cream cheese and beat with electric beaters until smooth. Add the eggs, sweetener, vanilla and the rest of the spice mix to the cream cheese and beat for a few minutes, until smooth and all combined.

Pour on top of the prepared base. Place back in the oven and bake for 20 minutes. The filling might rise slightly and crack while cooking. It will sink back down when removed from oven. Remove from oven, allow to cool completely. Refrigerate in tin for 3-4 hours, before removing from trays and serving.

Ingredients

- 4 teaspoon Ground ginger
- 2 teaspoon Cinammon
- 1 teaspoon Ground nutmeg
- 0.25 teaspoon Salt, Himalayan
- 0.66 cups Almond meal
- 1 tablespoon Coconut flour
- 3 tablespoon Butter, salted
- 250 grams Cream cheese
- 250 grams Ricotta cheese
- 2 Eggs
- 0.25 cups Equal Natural Sweetener (Stevia)
- 1 teaspoon Unsweetened vanilla extract
- 1 Salt, Himalayan, grind